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 <p>Lichfield Belgian Chocolate Muffin</p>	 <p>Lichfield Blueberry Muffin</p>	 <p>Lichfield Lemon and Poppy Seed Muffin</p>	 <p>Margaret's Iced Lemon Tart</p>	 <p>Margaret's Treacle tart</p>	 <p>Margaret's Almond tart</p>
 <p>Chefs Larder Belgian Style Waffles</p>	 <p>PRINGLES TEXAS BBQ</p>	 <p>PRINGLES ORIGINAL</p>	 <p>PRINGLES SOUR CREAM AND CHIVES</p>	 <p>PRINGLES SALT &amp; VINEGAR</p>	 <p>TWIX</p>
 <p>TWIRL</p>	 <p>KITKAT</p>		 <p>COKE ORIGINAL</p>	 <p>COKE ZERO</p>	 <p>FANTA</p>
 <p>7UP ZERO</p>	 <p>FRUIT SHOOT Blackcurrant</p>	 <p>FRUIT SHOOT Orange</p>	 <p>PRINCES ORANGE JUICE</p>	 <p>PRINCES APPLE JUICE</p>	
		 <p>LICHFIELDS CARAMEL SYRUP</p>	 <p>LICHFIELDS VANILLA SYRUP</p>	 <p>LICHFIELDS HAZELNUT SYRUP</p>	

### Lichfield Belgian Chocolate Muffin

Sugar, **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Rapeseed Oil, Water, Milk Chocolate (11%) (Sugar, Dried Whole **Milk**, Cocoa Butter, Cocoa Mass, Whey Powder (**Milk**), Emulsifier (**Soya** Lecithins), Flavouring (Vanilla Extract)), Humectant (Glycerol), Fat Reduced Cocoa Powder (4%), Glucose Syrup, **Wheat** Starch, Dried Skimmed **Milk**, Dried **Egg**, Raising Agents (Diphosphates, Potassium Bicarbonate, Sodium Bicarbonate), Dextrose, Whey Powder (**Milk**), Preservative (Potassium Sorbate), Salt, Stabiliser (Xanthan Gum)

Nutrition for Belgian Chocolate

Typical Values	per 100g	per muffin (108g)
Energy	1684kJ/402kcal	1819kJ/434kcal
Fat	19g	21g
of which saturates	3.2g	3.5g
Carbohydrate	53g	57g
of which sugars	28g	30g
Fibre	2.1g	2.3g
Protein	3.9g	4.2g
Salt	0.41g	0.44g

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### Lichfield Blueberry Muffin

**Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sugar, Rapeseed Oil, Water, Humectant (Glycerol), Blueberries (7%), Glucose Syrup, Dried **Egg**, **Wheat** Starch, Dried Skimmed **Milk**, **Oats** (1.5%), Raising Agents (Diphosphates, Potassium Bicarbonate, Sodium Bicarbonate), Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Maize Starch, Whey Powder (**Milk**), Natural Flavourings, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Salt

Nutrition for Blueberry

Typical Values	per 100g	per muffin (105g)
Energy	1529kJ/365kcal	1605kJ/383kcal
Fat	17g	17g
of which Saturates	1.3g	1.4g
Carbohydrate	51g	53g
of which Sugars	22g	23g
Fibre	1.3g	1.4g
Protein	2.7g	2.8g
Salt	0.64g	0.67g

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### Lichfield Lemon and Poppy Seed Muffin

**Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sugar, Water, Rapeseed Oil, Humectant (Glycerol), Glucose Syrup, Dried **Egg**, **Wheat** Starch, Dried Skimmed **Milk**, Raising Agents (Diphosphates, Potassium Bicarbonate, Sodium Bicarbonate), Dextrose, Emulsifiers (Polyglycerol Esters of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Poppy Seeds (0.5%), Natural Flavouring, Maize Starch, Whey Powder (**Milk**), Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Salt

Nutrition for Lemon Flavour and Poppy Seed

Typical Values	per 100g	per muffin (105g)
Energy	1622kJ/387kcal	1703kJ/406kcal
Fat	18g	19g
of which Saturates	1.5g	1.6g
Carbohydrate	53g	55g
of which Sugars	23g	24g
Protein	2.8g	2.9g
Salt	0.45g	0.47g

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### Margaret's Iced Lemon Tart

Sugar, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Palm and Rapeseed Oils, Water, Lemon Curd [7% - Sugar, Water, Glucose Syrup, Margarine (Fat Blend(Palm Oil, Palm Stearine, Coconut Oil, Rapeseed Oil), Water, Lemon Juice, Whole **Egg** Powder, Modified **Wheat** Starch, **Wheat** Starch, Concentrated Lemon Juice (contains **Sulphites**), Gelling Agent (Pectin), Lemon Oil, Acidity Regulators (Citric Acid, Trisodium Citrate), Colours (Lutein, Curcumin)], **Egg**, Glucose, Inverted Sugar Syrup, Chocolate Flavour Coating [Sugar, Vegetable Fat (Palm Kernel, Palm), Skimmed **Milk** Powder, Fat Reduced Cocoa, Powder, Whey Powder (from **Milk**), Emulsifier (**Soya** Lecithin), Flavouring], Ground **Almond** [1%], Rice Flour, Raising Agents (Disodium Diphosphate, Potassium Carbonates), Potato Starch, **Wheat Gluten**, Flavouring, Whey Powder (from **Milk**), Salt, Preservative (Potassium Sorbate), Colour (Lutein), Emulsifier (Sucrose Esters of Fatty Acids)

Nutrition for Iced Lemon Tart

Typical Values	Per 100g:
Energy:	1,884kJ
Energy:	449kcal
Fat:	20g
- of which Saturates:	6g
Carbohydrate:	64g
- of which Sugars:	40g
Protein:	3.4g
Salt:	0.4g

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### Margaret's Treacle tart

Golden Syrup [40% - partially inverted Refiners Syrup], **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Palm and Rapeseed Oils, Water, Sugar, Lemon Juice [(Water, Lemon Juice Concentrate), Preservative (Potassium Metabi**Sulphite**), Lemon Oil], Raising Agents (Disodium Diphosphate, Potassium Carbonates), Salt, Ginger, Yeast, Flavourings

Nutrition for Treacle tart

Typical Values	Per 100g:
Energy:	1,567kJ
Energy:	372kcal
Fat:	10g
- of which Saturates:	3g
Carbohydrate:	68g
- of which Sugars:	37g
Protein:	4g
Salt:	0.4g

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### Margaret's Almond tart

**Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Palm and Rapeseed Oils, Sugar, Water, Mixed Fruit Jam [Sugar, Glucose Syrup, Apple Pulp (contains **Sulphites**), Concentrated Apricot Puree, Concentrated Plum, Puree, Gelling Agent (Pectin), Colour (Anthocyanin), Flavouring, Acidity Regulators (Citric Acid, Trisodium Citrate)], **Egg, Almonds** [4%], Glycerine, Raising Agents (Disodium Diphosphate, Potassium Carbonates, Monocalcium Phosphate), Whey Powder (from **Milk**), Potato Starch, Flavouring, Emulsifier (Sodium Stearoyl-2 Lactylate), Salt, Preservative (Potassium Sorbate), **Wheat Gluten**, Modified Maize Starch, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Dextrose, Stabiliser (Xanthan Gum)

Nutrition for Almond tart

Typical Values	Per 100g:
Energy:	1,830kJ
Energy:	438kcal
Fat:	23g
- of which Saturates:	5g
Carbohydrate:	50g
- of which Sugars:	18g
Protein:	6g
Salt:	0.6g

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## Ingredients and Allergens

**Wheat** Flour, Pearl Sugar (26%) (Sugar), Butter (**Milk**) (15%), Palm Oil, **Egg**, Invert Sugar Syrup, Yeast, **Soya** Flour, Sugar, Salt, Coconut Oil, Rapeseed Oil, Emulsifiers (**Soya** Lecithins, Mono- and Di-Glycerides of Fatty Acids), Flavouring

For allergens, including Cereals containing Gluten, see ingredients in **bold**.

## Nutrition

Typical Values	per 100g	per waffle (90g)
Energy	1911kJ/457kcal	1720kJ/411kcal
Fat	23g	21g
of which Saturates	13g	12g
Carbohydrate	56g	50g
of which Sugars	31g	28g
Fibre	1.6g	1.4g
Protein	5.8g	5.2g
Salt	0.88g	0.79g

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## **PRINGLES TEXAS BBQ**

### Ingredients and Allergens

Dehydrated Potatoes, Vegetable Oils (Sunflower, Palm, Corn) in varying proportions, **Wheat** Flour, Corn Flour, Rice Flour, Barbecue Seasoning (Sugar, Lactose (**Milk**), Salt, Onion Powder, Flavour Enhancers {Monosodium Glutamate, Disodium 5'-Ribonucleotides}, Tomato Powder, Paprika Powder, Yeast Extract, Flavourings, Smoke Flavourings, Carob Powder, Acidity Regulator {Sodium Diacetate}, Acids {Malic Acid, Citric Acid}, Garlic Powder, Sunflower Oil, Corn Starch, Colour {Paprika Extract}, Maltodextrin), Maltodextrin, Emulsifier (E471), Salt, Colour (Annatto Norbixin)

May contain Soy.

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## **PRINGLES ORIGINAL**

### Ingredients and Allergens

Dehydrated Potatoes, Sunflower Oil, **Wheat** Flour, Corn Flour, Rice Flour, Maltodextrin, Emulsifier (E471), Salt, Colour (Annatto Norbixin)

May contain Milk, Soy.

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## **PRINGLES SALT AND VINEGAR**

### Ingredients and Allergens

Dehydrated Potatoes, Sunflower Oil, **Wheat** Flour, Corn Flour, Rice Flour, Salt and Vinegar Seasoning (Flavourings {**Barley**}, Potato Starch, Lactose (**Milk**), Maltodextrin, Flavour Enhancers {Monosodium Glutamate, Disodium Guanylate, Disodium Inosinate}, Salt, Acids {Citric Acid, Malic Acid}, Sunflower Oil), Maltodextrin, Emulsifier (E471), Salt, Colour (Annatto Norbixin)

May contain Soy.

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## **PRINGLES SOUR CREAM AND CHIVE**

<p><b>Ingredients and Allergens</b></p> <p>Dehydrated Potatoes, Sunflower Oil, <b>Wheat</b> Flour, Corn Flour, Rice Flour, Sour Cream &amp; Onion Seasoning (<b>Wheat</b> Starch, Flavour Enhancers {Monosodium Glutamate, Disodium Guanylate, Disodium Inosinate}, Onion Powder, Dextrose, Sunflower Oil, Salt, Modified Maize Starch, Flavourings {<b>Milk</b>}, Maltodextrin, Sugar, Sweet Whey Powder {<b>Milk</b>}, Sour Cream Powder {<b>Milk</b>}, Glucose Syrup Powder, Acids {Citric Acid, Malic Acid}, <b>Milk</b> Proteins), Maltodextrin, Emulsifier (E471), Salt, Colour (Annatto Norbixin)</p> <p>May contain Soy.</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>TWIX 50g</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Sugar, Glucose Syrup, WHEAT Flour, Palm Fat, Skimmed MILK Powder, Cocoa Butter, Cocoa Mass, Whey Permeate (MILK), MILK Fat, Fat-Reduced Cocoa Powder, Salt, Emulsifier (SOYA Lecithin), Raising Agent (E500), Flavouring. (May Contain: NUTS, Other Cereals Containing GLUTEN).</p> <p>Contains: WHEAT , MILK , SOYA   May Contain: NUTS , OTHER CEREALS CONTAINING , GLUTEN</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>TWIRL 43g</u></b></p> <p><b>Ingredients and Allergens</b></p> <p><b>MILK</b>, sugar, cocoa butter, cocoa mass, whey powder (from <b>MILK</b>), vegetable fats (palm, shea), emulsifiers (E442, E476), flavourings. MILK SOLIDS 14 % MINIMUM. COCOA SOLIDS 25 % MINIMUM. CONTAINS VEGETABLE FATS IN ADDITION TO COCOA BUTTER</p> <p>For allergens see ingredients in Bold</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>KITKAT 41.5g</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Sugar, <b>Wheat</b> Flour (contains Calcium, Iron, Thiamin and Niacin), Whole <b>Milk</b> Powder, Cocoa Mass, Cocoa Butter, Vegetable Fats (Palm, Shea, Palm Kernel, Sal), Whey Powder Product (<b>Milk</b>), Skimmed <b>Milk</b> Powder, Emulsifier (Lecithins), Yeast, Raising Agent (Sodium Bicarbonate), Glucose Syrup, Butterfat (<b>Milk</b>), Whey Powder (<b>Milk</b>), Natural Flavourings</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>Coke Original 330ml can</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Carbonated Water, Sugar, Colour (Caramel E150d), Acid (Phosphoric Acid), Natural Flavourings including Caffeine</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>Coke Zero 330ml can</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Carbonated Water, Colour (E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame-K, Enzymatically Produced Steviol Glycosides), Natural Flavourings, Caffeine Flavouring, Acidity Regulator (Sodium Citrates)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>FANTA 330ml can</u></b></p>

<p><b>Ingredients and Allergens</b></p> <p>Carbonated Water, Sugar, Orange Juice from Concentrate (3.7%), Citrus Fruit from Concentrate (1.3%), Acids (Citric Acid, Malic Acid), Vegetable Extracts (Carrot, Pumpkin), Sweeteners (Acesulfame K, Sucralose), Preservative (Potassium Sorbate), Acidity Regulator (Sodium Citrates), Stabiliser (Guar Gum), Natural Orange Flavourings with other Natural Flavourings, Antioxidant (Ascorbic Acid)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>7UP Zero 330ml can</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Carbonated Water, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate), Sweeteners (Aspartame, Acesulfame K), Potassium Chloride, Stabiliser (Pectin)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>FRUIT SHOOT Blackcurrant</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Water, Fruit Juices from Concentrate (Apple 6%, Blackcurrant 2%), Acid (Citric Acid), Natural Flavourings, Acidity Regulator (Sodium Citrate), Carrot and Blueberry Concentrate, Antioxidant (Ascorbic Acid), Sweeteners (Acesulfame K, Sucralose)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>FRUIT SHOOT Orange</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Water, Orange Juice from Concentrate (12%), Acid (Citric Acid), Carrot and Apple Concentrates, Acidity Regulator (Sodium Citrate), Antioxidant (Ascorbic Acid), Sweeteners (Sucralose, Acesulfame K), Natural Flavouring</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>PRINCES ORANGE JUICE 200ml carton</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Orange Juice from Concentrate (100%)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>PRINCES APPLE JUICE 200ml carton</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Apple Juice from Concentrate (100%)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>Lichfields Vanilla Syrup</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Sugar, Water, Glycerine, Natural Flavouring, Salt, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>LICHFIELDS CARAMEL SYRUP</u></b></p> <p><b>Ingredients and Allergens</b></p> <p>Sugar, Water, Glycerine, Flavouring, Salt, Colour (Plain Caramel), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)</p> <p style="text-align: right;"><a href="#">Return to Top</a></p>
<p><b><u>LICHFIELDS HAZLENUT SYRUP</u></b></p> <p><b>Ingredients and Allergens</b></p>

Sugar, Water, Glycerine, Flavouring, Salt, Colour (Plain Caramel), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)

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### **OATLY BARRISTA OAT DRINK**

Ingredients and Allergens

Water, **Oats** 10%, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin and B12)

Free from Milk and Soya.

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### **ALPRO BARRISTA SOYA MILK**

Ingredients and Allergens

**Soya** Base (96%) (Water, Hulled **Soya** Beans (8.7%)), Apple Extract, Acidity Regulators (Potassium Phosphates), Calcium 9(Calcium Varbonate), Sea Salt, Stabiliser (Gillan Gum), Vitamins B2, B12, D2

For allergens, see ingredients in **bold**.

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### **ALPRO BARRISTA COCONUT MILK**

Ingredients and Allergens

Water, Coconut Milk [5.7%] [Coconut Cream [2.6%], Water], Hulled **Soya** Beans [2.9%], Sugar, Fructose, Acidity Regulators [Potassium Phosphates], Calcium [Calcium Carbonate], Sea Salt, Flavouring, Stabiliser [Gellan Gum]

For allergens, see ingredients in **bold**.

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### **ALPRO BARRISTA ALMOND MILK**

Ingredients and Allergens

Water, **Almond** (2.5%), Sugar, Fructose, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Natural Flavourings, Stabilisers (Gellan Gum, Guar Gum), Sea Salt

For allergens, see ingredients in **bold**.

**May contain traces of Nuts (no Peanuts).**

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### **COMMELLE ICE CREAM MIX**

Ingredients and Allergens

Skimmed **Milk**, Sugar, Vegetable Oil (Fully Hydrogenated Palm), Whey Powder (**Milk**), Emulsifier E471, Stabiliser E417, E407, Flavouring, Acidity Regulator E339ii, Colour E160a

For allergens, see ingredients in **bold**.

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### **CAROUSEL CLASSIC LARGE FLAT TOP CONES**

Ingredients and Allergens

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, **Wheat** Starch, Emulsifier (**Soya** Lecithin), **Soya** Flour, Raising Agent (Sodium Bicarbonate), Salt, Sweetener (Saccharin), Colour (Annatto Norbixin)

For **allergens**, including Cereals containing Gluten, see ingredients in **bold**.

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**CADBURY 99 FLAKE BAR**

Ingredients and Allergens

MILK, sugar, cocoa mass, cocoa butter, whey permeate powder (from MILK), vegetable fats (palm, shea), whole MILK powder, emulsifiers (E442, E476), flavourings. Milk solids 14 % minimum. Cocoa solids 25 % minimum. Contains vegetable fats in addition to cocoa butter.

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**CADBURY ORIGINAL HOT CHOCOLATE**

Ingredients and Allergens

Sugar, cocoa powder, acidity regulator (potassium carbonates), flavouring

For allergens see ingredients in Bold

MAY CONTAIN MILK.

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**HARIBO MARSHMALLOWS**

Ingredients and Allergens

Glucose Syrup, Sugar, Dextrose, Water, Humectant: Sorbitol Syrup, Gelatine, Fruit and Plante Concentrate: Beetroot, Safflower, Flavouring

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